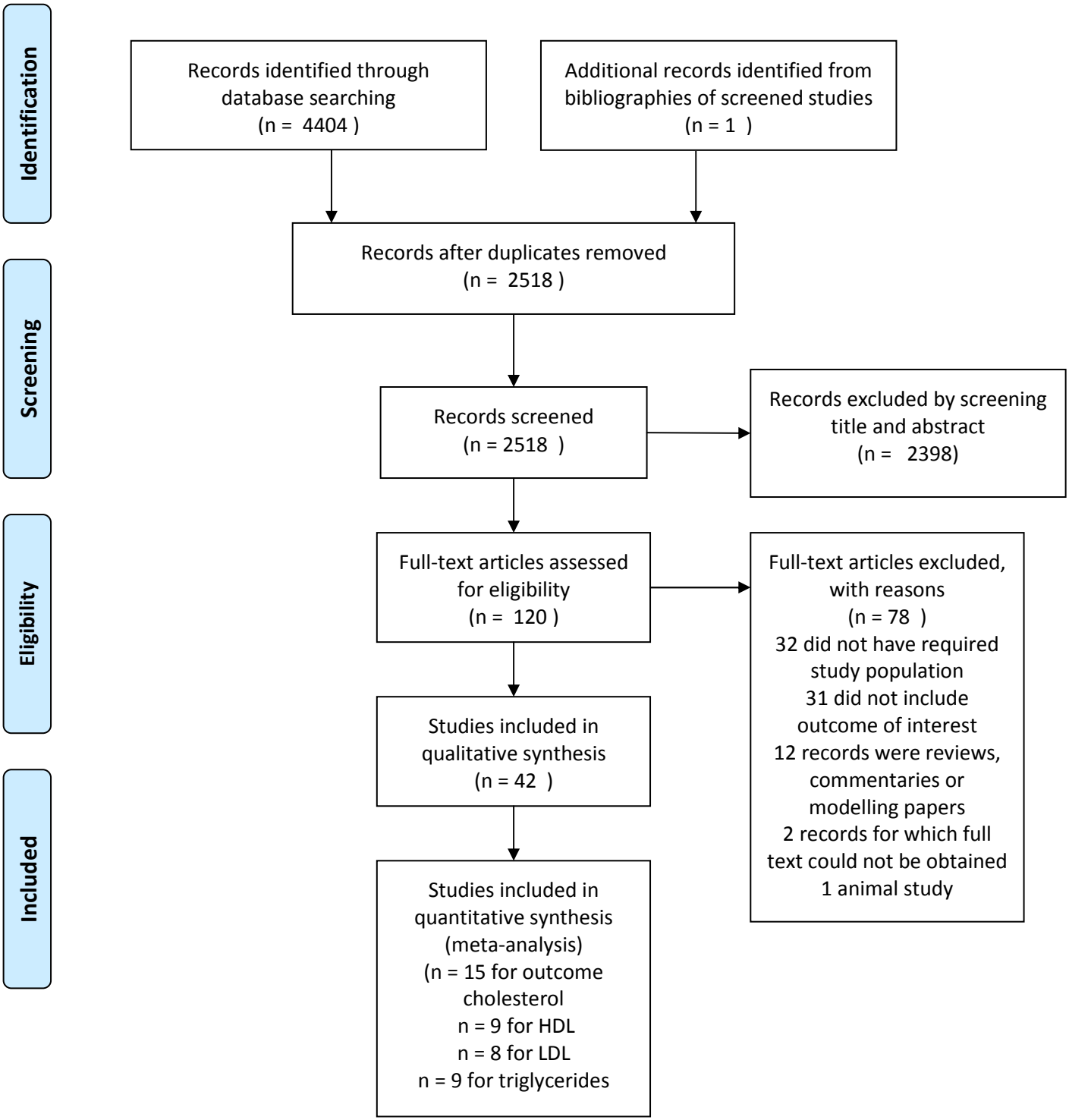
Identification
Screening
Eligibility
Included
Records identified through database searching (n = 4404)
Additional records identified from bibliographies of screened studies (n = 1)
Records after duplicates removed (n = 2518)
Records screened (n = 2518)
Records excluded by screening title and abstract (n = 2398)
Full-text articles assessed for eligibility (n = 120)
Full-text articles excluded, with reasons (n = 78)
32 did not have required study population
31 did not include outcome of interest
12 records were reviews, commentaries or modelling papers
2 records for which full text could not be obtained
1 animal study
Studies included in qualitative synthesis (n = 42)
Studies included in quantitative synthesis (meta-analysis) (n = 15 for outcome cholesterol
n = 9 for HDL
n = 8 for LDL
n = 9 for triglycerides